

Inappropriate Infant Feeding Practices (AK 49-USDA 411)

Explain to Participant	<p>Your infant is enrolled in the WIC program today because one or more of the following inappropriate practices are happening with your infant's feeding:</p> <ul style="list-style-type: none"> ❖ Not providing breast milk or iron-fortified formula ❖ Feeding goat's milk, sheep's milk, imitation milks, or substitute milks ❖ Failure to introduce solid foods by 7 months ❖ Not using a spoon to introduce and feed early solids ❖ Infant is not beginning to finger feed by 7-9 months ❖ Feeding solids in a bottle ❖ Using a syringe-action nipple feeder ❖ Feeding foods inappropriate consistency, size, or shape that put the infant at risk of choking ❖ Inappropriate, infrequent or highly restrictive feeding schedules of forcing an infant to eat a certain type and/or amount of food ❖ Feeding any amount of honey to infant under 1 year ❖ Feeding >10oz/day of full strength juice 	
Goal	The goal is to educate parents on good infant feeding practices.	
Suggestions for Reducing Risk	<p>Follow the recommendations of your infant's health care provider.</p> <p>Breastfeed your infant for the first 12 months of life as recommended by the American Academy of Pediatrics.</p> <p>If you are not breastfeeding, feed your infant iron-fortified formula.</p> <p>Explain the nutrition education material suggested.</p>	
Nutrition Education Material Suggested	Food for your Baby's First Year	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Iron Fortified Infant Formula	Calcium, Vitamin A & C, Protein , Iron
	Iron Fortified Infant Cereal	Iron
	WIC Juice	Vitamin C
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	Bright Future for Infants	